

Orientation and Mobility within Family Routines (Example)

Family Routine Area	Infant (6-18 mos) & Toddler (12-36 mos)	Preschooler (3-6 yo)	Elementary School Age Grades K-3 (5-8 yo) & Grades 4-6 (9-11 years old)	Jr. & High School Age Grades 7-9 (12-14 yo) & Grades 10-12 (15-18 yo)
Mealtime & Cooking	Meal preparation in the kitchen – talk about it! Label	Set table Find cooking supplies Find items of different shapes out of cupboards, shelves, cabinets, etc.	Cooking smells Set tables Locate chairs/People sitting around table	Localize smells from other rooms Cook meal
Dressing & Grooming Bath/Shower	Body parts	Body image Short routes from another place in house	Organization systems (room)	Organization systems (closet)
Around Home	Trailing Positional / directional words	Trailing Compass words Chores	Chores	Chores
Communities – Neighborhood, Libraries, Grocery Store, Shopping, Eating Out, Religious Activities	Talk about the areas	Go grocery shopping together & talk about how items are organized/grouped Go get the mail together Map route from house to next door neighbor's house	Go grocery shopping & find a few items on the list Go get the mail together Map route from house to friend's house Keeping up with groups	Run errands "Drop-off" – find own way home from... Keeping up with groups

Riding in a Car, Public Transportation	Describe scenery & sounds	Play eye spy (scanning, sound localization)	Describe surrounding areas Directionality Talk about the “bigger” world (neighborhood, city, state)	GPS Plan trip Talk about road/highways/freeways traveling on Talk about the “bigger” world (neighborhood, city, state)
Play – Outdoors/Sports	Track objects Localize sound	Track objects Localize sound	Track objects Localize sound Playground equipment Active involvement in sports, recreation, outdoor activities with families	Active involvement in sports, recreation, outdoor activities with families
Play – Indoors/Games/Technology	Peek-a-boo	Board games Hide ‘n seek	Board games	Route planning using technology
Literacy – Storytime & Reading	Read together	Book orientation Find O&M-related things/concepts in the book	Book orientation Find O&M-related things/concepts in the book	Maps Research for trips
Pets and Nature	Listen to & talk about it	Listen to & talk about it Go for a walk	Take pet out for a walk Systematic scanning for objects	Take pet out for a walk Systematic scanning for objects

Holiday/Seasonal Activities – Birthdays, Parties	Talk about & experience	Holiday item scavenger hunt	Go shopping for event items	Go shopping for event items
---	-------------------------	-----------------------------	-----------------------------	-----------------------------